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APPLICANT : AJINOMOTO CO INC;

INVENTOR : TAKANO YASUSHI;

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TITLE : DRINK COMPOSITION

ABSTRACT : PURPOSE: A drink composition, containing an amino acid, mineral, etc. having a specific osmotic pressure, and capable of supplying the amino acid, mineral and moisture lost by perspiration, recovering the fatigue of muscles, and improving the function thereof.

CONSTITUTION: A drink composition, containing 0.01~0.5g/l amino acid selected from histidine, lysine, arginine, leucine, isoleucine, valine and a salt thereof, 0.2~1.0g/l mineral, e.g. sodium ions or calcium ions, and 1~20mg/l vitamin E, and adjusted to 300~400mOSm/kg osmotic pressure with a saccharide or organic acid added thereto.

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